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metroNEWS

JEFF HARPER/METRO

Say so long to summer

SEASONS

**Drivers told
to be aware as
many return to
school, work**



**Haley
Ryan**
Metro | Halifax

With students back in school and summer vacation over for many, it's time to say hello to long lines of traffic.

According to Halifax Regional Police spokesman Sgt. Gerard Gibbons, traffic certainly builds back up after Labour Day as people return to work, school and university.

"(Tuesday) morning will be very busy all over HRM," Gibbons said Monday. "People will have to slow down, be a little bit aware of everybody around and be aware of their surroundings."

On Monday, families pushed

strollers along the Halifax Commons or walked along busy sidewalks enjoying the sunshine.

Heather Babin was snapping photos of flowers in the Public Gardens with her husband Jeremy Edwards, who said he had a nice summer but was hoping it would be a little bit warmer after our harsh winter.

"I thought we earned better," Babin said, adding he'll be happy if the weather stays slightly warm through to Christmas, with little snow and ice.

"All the road construction's finally finishing up," Edwards said. "They got lines painted on the street finally, so I'm kind of happy about that."

Michele Morton said days definitely feel longer after Labour Day with her children in school, and she also felt it was a "short summer."

"I'm sad to see it go," Morton said as she watched her kids play on the south Common.



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H&M



New spaces to play, perform, coming to Cornwallis Park

RECREATION

First order of business is to relocate playground



Stephanie Taylor
Metro | Halifax

After years of neglect, new life is coming to one of downtown Halifax's green spaces.

The long-awaited construction phase on renovations to Cornwallis Park, which is bordered by Hollis, Barrington and South streets, is set to begin this fall.

Kids and their parents should know one of the first orders of business is relocating the park's current playground area to a more centralized spot — one that is surrounded by larger trees and will be the site of an entirely new play structure built for kids aged two to five.

"It's basically the neighbourhood green space for playgrounds for one of the most densely populated parts of the city," area Coun. Wayne Mason said.

Besides the playground having reached the end of its life, Mason described the overall park as feeling "pretty tired," with its cracked asphalt paths and dilapidated benches.



Pedestrians enjoy a stroll last week through one of Halifax's more "tired" green spaces. JEFF HARPER/METRO

"Revitalizing this park and making it the southern anchor of downtown has been something we've been working toward," he said, adding two of the city's planning documents identify the park as one of the

core urban areas in need of renewal.

Renovating the playground is only one part of the first phase of the redevelopment, explained Gary Young, an HRM landscape architect.

A short section of a stone-wall will also be installed to create a new performance space where Hollis Street wraps around the park, across the street from the Via Rail Canada train station.

When all is said and done, Mason said there will be seating capacity for around 400.

Young said the added seating walls and an overall freshening up of the park, which will include installing new paving,

+ BACKGROUND

What's in a name?

While a new facelift may be coming to Cornwallis Park, its name will remain unchanged, at least for now.

Coun. Mason recently reiterated his earlier commitment to hold a public discussion on renaming the park and removing the statue of the city's founder, Edward Cornwallis.

In the past, some in the Mi'kmaq community have expressed concerns given Cornwallis' genocidal and colonial footprint in history.

"This has kind of been put on hold while the city works on its relationship with the Mi'kmaq bands that have land in Halifax and with the assembly and urban aboriginals as a whole," Mason said.

lights and benches, will happen in a second round of construction, pending next year's budgetary approval.

Some of those upgrades includes widening Hollis Street by up to four metres, making it easier for residents to access the Halifax Seaport Market, Mason added.

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— Darlene K, RCT, Stenberg grad

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LOWER SACKVILLE

Couple arrested in weekend stabbing

Two people are facing charges after the RCMP said a man was seriously hurt in a Lower Sackville stabbing over the Labour Day weekend.

On Saturday around 4:30 p.m., Halifax District RCMP responded to a 911 call where a man in his mid-20s had been stabbed and suffered serious injuries.

Shortly after, a 25-year-old man was arrested at a nearby residence.

On Sunday, police said a 19-year-old woman was arrested in Middleton for her involve-

+ IDENTITIES

Police said the victim and accused are known to each other.

ment in the incident.

Both accused are facing charges of aggravated assault, robbery, and other weapons offences.

They are set to appear in Dartmouth provincial court on Tuesday. METRO

EAST PRESTON

Family of five left homeless after fire

A couple and their three children are temporarily homeless after a fire gutted their home in East Preston on the holiday weekend.

According to the Canadian Red Cross, the couple, who was recently married, and their three kids — ranging in age from 13 to 25 — were all away from the home for the Labour Day long

weekend when the fire happened.

The blaze at 339 Brooks Dr. was reported at 3 a.m. Saturday.

"All are staying with relatives or friends for now and have received help from the Canadian Red Cross with emergency purchases such as clothing and food," the release states. METRO

IN BRIEF

Youths injured in car crash

Pictou County District RCMP is investigating a serious single vehicle rollover that happened on Pictou Island on Sunday afternoon injuring four youth.

At about 4:45 p.m., a 911 call was received about a serious motor vehicle crash on Pictou Island.

Upon arrival all occupants in the vehicle, ranging in ages from five to 17, had suffered serious injury.

The injured are expected to be transported to a Halifax hospital. TC MEDIA

Twenty-five charged amid prostitution crackdown

A promised crackdown on prostitution by Cape Breton Regional Police Chief Peter McIsaac has resulted in multiple charges, the Cape Breton Post has learned.

A number of sources have confirmed that more than 25 individuals have been charged.

The accused have been assigned a court date in October, while information detailing the identities of the accused have yet to be filed. CAPE BRETON POST



Coun. Stephen Adams cites a lack of fairness behind his desire to end the current bi-weekly schedule for rural communities, however proponents of the current arrangement believe non-urban areas have more space to store recyclables than common households. JEFF HARPER/METRO

'It's only fair': Adams

RECYCLING

Councillor wants weekly collection in rural areas



Stephanie Taylor
Metro | Halifax

A Halifax-area councillor wants to bring weekly curbside collection for recyclables to rural homes in HRM.

On Tuesday, Coun. Stephen Adams will table a motion dur-

ing a regional council meeting asking for a staff report pricing out how much it would cost to change the current bi-weekly recycling pick-up schedule for areas in the outskirts of Halifax to a weekly affair, as is the way in urban neighbourhoods.

"It's only fair," Adams explained on Friday.

"People in the rural areas shouldn't be treated any differently."

A city recyclables collection schedule shows that more than 40 of the municipality's rural and suburban communities, from Fall River to Tantallon and Windsor Junction to Porters Lake, only receive the service

+ BACKGROUND

Because of the new clear bag policy that came into effect this summer, people are being more diligent about sorting, resulting in more recyclables being left curbside

than garbage.

Previously Coun. Adams requested that the weekly green bin pick-up be extended to encompass all regions of the municipality.

once every two weeks.

The rationale of bi-weekly collection for rural homes is that rural properties have more room to store recyclables than households on city streets.

However, Adams said peoples' garages are typically

the same size no matter where they live, so it should make no difference.

"There's weekly recyclables collection in the urban and suburban areas, so it's only fair that it be extended to the rural areas as well."

CRIME

Police take prank-calling teen into custody



Philip Croucher
Metro | Halifax

The RCMP in Halifax say they are charging a 17-year-old boy after six prank 911 calls were made from a pay phone on the Hammonds Plains Road.

In a release issued Saturday, police say they received numerous hang-up 911 calls on Fri-

day night. They were able to trace the location of the calls to a nearby convenience store.

A suspect was located there, and when attempting to arrest him, police allege the 17-year-old confronted them with a knife in a threatening manner.

He eventually dropped the knife after listening to officers' demands and was taken into custody.

The 17-year-old is facing



Prank calls to 911 divert the attention of first responders from handling real emergencies.

RCMP statement

charges of assault with a weapon, carrying a concealed weapon, possession of a weapon dangerous to the public and breaching conditions.

He is scheduled to appear

in court on Tuesday.

"The 911 system should only be used when crimes are in progress or when people and property are being threatened," an RCMP release states.

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TOP SIX@6 LAST NIGHT:

- 6 Justin Bieber What Do You Mean
- 5 Nick Jonas Levels
- 4 Selena Gomez ft ASAP Rocky Good For You
- 3 Hailee Steinfeld Love Myself
- 2 The Weeknd Can't Feel My Face
- 1 R.C. City ft Adam Levine Locked Away

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ELECTION CAMPAIGN

Trudeau making first visit to N.S.

Just weeks after Prime Minister Stephen Harper came to Amherst, Liberal leader Justin Trudeau will visit the community.

Federal Liberal leader Justin Trudeau will be at the Amherst branch of the Royal Canadian Legion on Tuesday at 7:30 a.m.

The visit is in support of Cumberland-Colchester Liberal candidate Bill Casey, who came out of retirement earlier this year to seek the party's nomination after serving for more than a decade as a Progressive Conservative, a Conservative and an independent after being ejected from the Tory caucus for voting against changes to the Atlantic Accord in the 2007 federal budget.

He ran — and won — a year later as an independent and then retired from federal politics to take a job as the provincial government's representative in Ottawa.

Harper visited the riding for a party event on Aug. 16 at Cumberland North Academy in support of Conservative candidate and incumbent Scott Armstrong. TC MEDIA



Justin Trudeau
THE CANADIAN PRESS



Unions and their families march along Spring Garden Road during the annual Labour Day rally in Halifax, drawing attention to issues like cuts to social services and limited wage increases. JEFF HARPER/METRO

'Keep Nova Scotians afloat'

COLLECTIVE BARGAINING

Hundreds gather to show support for workers' rights



Haley Ryan
Metro | Halifax

With banners and signs waving, hundreds of people marched in Halifax to celebrate Labour Day while drawing attention to issues like

an increase of the minimum wage, collective bargaining and cuts to social services.

On Monday, more than 200 union members, supporters and other advocacy groups gathered in Victoria Park before walking together and chanting through the city, en route to a rally and BBQ at the South Common.

"Labour has fought hard and diligently for the rights of workers throughout the generations and I think it's important to show the support," said Lana Maclean, a health-care worker at the Dartmouth General Hospital and a mem-

ber of the Nova Scotia Government and General Employees Union (NSGEU).

Maclean said it was important for her to be at the rally to celebrate what unions have achieved over the decades, but also remain vigilant on attempts to change or influence collective bargaining.

Maclean and NSGEU president Joan Jessome both said they are unhappy with the recent meeting between provincial finance minister Randy Delorey and public-sector unions, where Delorey said only limited wage increases for the five years that don't require tax increases are on the table, and that he's looking for suggestions as to where savings could come from.

"Employers have been given the green light by Delorey and (Premier Stephen) McNeil to come to the table to gut the contracts," Jessome

+ MAKING A STATEMENT

NSGEU launches campaign

A new TV ad and website, McNeil's Movers, launched Monday from the NSGEU.

The campaign paints Premier Stephen McNeil and his government as a moving

company hauling jobs out of communities with cuts to community groups, visitors' centres, the Film Tax Credit and plans to privatize hospital food services and motor vehicle registries.

said during the rally Monday.

Dozens of Nova Scotia Teachers Union members could be seen in red shirts sporting slogans about the right to collective bargaining, which they will be starting with the province over the coming weeks.

Maclean said besides the new five-year discussion, the provincial government under McNeil has already brought in legislation that has impacted her right to strike and changed which workers be-

long to certain unions.

Although Maclean said she agrees with Delorey that Nova Scotia is on a tight budget, she said the millions that have been poured into the Nova Star Yarmouth ferry and Blue-nose II by the government would have been better used in the public sector.

"Keep Nova Scotians afloat by supporting the work that we do, and not trying to muscle the labour unions in this province — or our ships will sail," Maclean said.

Employers have been given the green light by Delorey and McNeil to come to the table to gut the contracts.

NSGEU president Joan Jessome

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Mom of slain Dal student speaks out

COURT

Accused's lawyer making 'mockery' of investigation



Zane Woodford
Metro | Halifax

The mother of a Dalhousie University student killed last month says the lawyer representing the man accused of the crime is making a "mockery" of the process.

In an interview on The Rick Howe Show on News 95.7, Taylor Samson's mother, Linda Boutilier, said she was upset at comments earlier in the week that made her feel like the case was a "joke" to the accused William Sandeson and his lawyer, Eugene Tan.

"The lawyer, I feel, was basically laughing because we can't find Taylor, so you don't have a case," she said Friday.

She said Tan should do as she is, and let the police do their job. Tan told reporters outside court on Wednesday that the alleged scene of the crime, Sandeson's apartment on Henry Street, had been renovated, making it difficult for him to have an independent team examine the scene.

He also said he doubted police found anything "relevant" during their search of Sandeson's family's properties in Lower Truro. Investigators searched two properties where they are saying they discovered several items of interest, but that Samson's remains had not been found.

Boutilier pleaded for people to go to police with information



A photo of Taylor Samson. FACEBOOK

about the case, saying someone must know what happened to her son.

"I drive every day on the roads looking in ditches and woods trying to see if maybe I can find my son. I go to Halifax and I walk through parks thinking hopefully I can find him," she said.

"This is what I do. There's somebody in Halifax that knows something and will not come forward, and I don't know why."

She said closure would only come once her son's body is found. "We have suffered enough," she said. "I cannot



We have suffered enough. I cannot heal if I do not have my son.

Taylor Samson's mother Linda

heal if I do not have my son."

Sandeson was charged with first-degree murder four days after Samson, a physics student at Dalhousie University, was reported missing last month.

The matter will be back in court on Sept. 24.



Lyle Howe METRO FILE

APPEAL

Lawyer's sex assault conviction reversed

Suspended Halifax lawyer Lyle Howe has had the sexual assault conviction against him overturned.

Howe was found guilty last May of sexually assaulting a 19-year-old woman in March 2011, and sentenced to three years in prison in July.

Last August, he was let out on bail while awaiting his appeal. A written decision released Friday by Nova Scotia Court of Appeal Justice David Farrar allowed that appeal, saying the trial judge

had failed to explain to the jury the concept of "honest but mistaken belief in consent."

"I cannot conclude that had the jury been properly instructed on honest but mistaken belief they would have reached the same conclusion," reads the decision from Farrar.

Howe told the jury the sex was consensual, while the complainant said she didn't remember what happened after a certain point in the evening.

ZANE WOODFORD/METRO



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LATE SUMMER HALIGONIANS OUT IN THE SUN A pair of rollerbladers take advantage of the continuing high temperatures in Halifax as they rolled out for a spin on the Emera Oval on Monday. Environment Canada is calling for the warm weather to continue, but also for showers on Tuesday. **JEFF HARPER/METRO**

Selling fish in China

INTERNATIONAL TRADE

McNeil pushes Nova Scotian seafood abroad

Premier Stephen McNeil was in China on Monday promoting the province's seafood industry.

McNeil says Asia is a priority market in developing Nova Scotia's seafood exports.

The government says work to promote Nova Scotia in the city of Guangzhou included chef demonstrations, business meetings and company presentations to Chinese restaurant

purchase managers, importers and distributors.

Later this month, Nova Scotia companies will participate in Seafood Expo Asia in Hong Kong, which attracts seafood buyers and chefs looking for new suppliers and products.

The province says Asia was the third largest export market for Nova Scotia seafood in 2014, accounting for 10 per cent of exports.

Seafood exports to the region have increased dramatically over the past 20 years from \$2 million in 1995 to \$132 million last year.

THE CANADIAN PRESS

IN BRIEF

Syrian refugees get Nova Scotian help

The Nova Scotia government is donating \$50,000 to the Syrian refugee relief effort.

Premier Stephen McNeil says the donation will be made to the United Na-

tions High Commissioner for Refugees.

The contribution comes a day after Deputy Premier Diana Whalen said the province had told Ottawa it was willing to accept more refugees, but hadn't heard back.

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To be a citizen of nowhere

metr The Syrian Crisis
The Tragedy

Crisis renders Syrian-born Palestinian man stateless



Tim Querengesser
Metro | Edmonton

In an Edmonton apartment echoing with the cellphone ringtones and Arabic greetings of his extended family sits Jihad Al Mawed, silently worrying about his wife and children in Dubai.

Al Mawed is a Palestinian, born in Syria, who's now been denied refugee status in Canada. But that's of less concern to him than what the decision could mean for his wife and five children back in the United Arab Emirates, all because of the war in Syria. "My family is in risk," Al Mawed says.

In March 2014, Al Mawed left Dubai for Edmonton to see his dying mother. He had lived in Dubai since 1987 as a temporary worker and his children were born there, but received no permanent residency.

He stayed longer than expected in Edmonton, however, as his mother, also a Palestinian-Syrian refugee, suffered for months before dying last June.

That extension spiraled into a dilemma. After just one month here, Al Mawed says, he was told he had lost his job driving a bus in Dubai.

For a UAE citizen, this would be an inconvenience; for a tem-



Jihad Al Mawed is in Edmonton is worried the Canadian government's denial of his refugee status could force him and his family to return to Syria. LIAM KAVANAGH-BRADETTE/FOR METRO

porary UAE resident, however — in a nation that deports temporary workers regularly — he says the lost job could see his family deported back to Syria's chaos.

"I'm scared. My family is in risk. My visa (in UAE) is finished and now they will maybe send my family back to Syria. I'm scared my kids will be forced into the army and fight in the war. We don't want any part in the war. My home in Syria ... is already destroyed. I wanted to bring them to Canada."

Unlike most of the 12 million displaced Syrian nationals currently seeking asylum from their country's bloodshed, as a

“He's double discriminated (against) because he's a stateless Palestinian.... The truth is, nobody wants him.”
Simon Trela, lawyer

Palestinian refugee with Syrian documents, Al Mawed has even fewer options.

Jordan now accepts Syrian refugees but often refuses Palestinian refugees.

The same anti-Palestinian policies, either overt or subtle, apply to several other countries as well, including Lebanon, which has accepted one million Syrian refugees. Al Mawed

fears, any deportation from the UEA could see his family end up back in Syria.

As many in Canada are demanding their leaders act to help Syrians immigrate to safety, the many caveats Palestinians linked to Syria face are hard for even immigration experts to explain.

In March 2014, Al Mawed applied to be a refugee in Canada

but was refused.

In July 2014, the Immigration and Refugee Board of Canada inspected his application and ruled he's not a refugee under its definitions and "not a person in need of protection."

In April 2015, his appeal was dismissed.

The first decision noted Al Mawed could not provide adequate proof he had lost his job in UAE. Next, the appeal refusal noted Al Mawed's family's fate in UAE cannot "be a factor in this decision."

The only recourse left to Al Mawed is a federal hearing, which was granted for this November.

Tories drop two from slate

The Conservatives stumbled as the federal election reached an unofficial milestone Monday, dropping two candidates from their slate in the important battleground of the Greater Toronto Area after embarrassing videos surfaced.

Jerry Bance, who was running in Scarborough-Rouge Park, was the first to go after reportedly being caught on camera urinating into a coffee cup while he was an appliance repairman.

The day got worse as Tim Dutaud, the candidate in Toronto-Danforth, was declared persona non grata by the federal party a short time later.

A Conservative official confirmed a man seen making prank calls in several YouTube videos — including one in which he pretends to have a mental disability — is Dutaud.

The revelation came just before Prime Minister Stephen Harper said re-elected Conservatives would improve a federal disability grant program.

During a campaign stop in Mississauga, Ont., Harper tersely attempted to put the best spin on the losses when asked what the incidents said about the quality of candidates he was attracting.

"What this says is that we keep the highest standard for candidates, and these two individuals are no longer candidates," said Harper.

THE CANADIAN PRESS

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WESTJET

Hunter may go scot-free

ZIMBABWE

Prosecuting lion killer 'bad for business,' official says

Zimbabwean authorities seem to have cooled off on pursuing the case against Minnesota dentist Walter Palmer, amid fears having the American bow hunter extradited for killing Cecil the lion could hurt Zimbabwe's hunting business.

It has been a month since Environment, Water and Climate Minister Oppah Muchinguri announced that the police would process paperwork to have Palmer extradited for participating in a hunt that authorities here said was illegal. On Monday there were no new developments in the matters, police spokeswoman Charity Charamba said. "I still have nothing on that case," she said.

The National Prosecuting Authority, which is responsible for processing extradition requests, said Palmer was not on its files because the police had yet to pro-



Protesters outside Dr. Walter James Palmer's dental office in July. Palmer gave an interview Sunday in which he disputed some accounts of the hunt, expressed agitation at the animosity directed at those close to him and said he would be back at work within days. THE ASSOCIATED PRESS

cess a docket for Palmer, a dentist from suburban Minneapolis.

In an interview on Sunday in Minneapolis, Palmer said he believes he acted legally and that he was stunned to find out his hunting party had killed a treasured animal in July. Cecil was a fixture in Zimbabwe's Hwange National Park and had been fitted with a GPS collar as part of Oxford University lion research.

Pursuing Palmer without a concrete case could rattle potential big-paying customers from the United States, said both a Zimbabwean government official, and safari operators.

Theo Bronkhorst, a Zimbabwean professional hunter who helped Palmer, has been charged with "failure to prevent an illegal hunt." Honest Ndlovu, whose property is near Hwange National

Park, faces a charge of allowing the lion hunt to occur on his farm without proper authority. Palmer's hosts should have ensured the hunt was legal, said Emmanuel Fundira, chairman of the Safari Operators Association of Zimbabwe.

"These are the people expected to know the rules and advise clients accordingly," he said. "Clients may end up think-



American hunters spend big. They are a huge market for us.

Senior Zimbabwean official, who refused to be named

ing twice before coming to Zimbabwe if such cases are not handled carefully. Authorities have to be sure there is a case before pushing for the extradition of these hunters."

Hunting supports about 800,000 rural Zimbabwean families, said Fundira.

Having Palmer extradited would "be bad for business," said a senior official in the ministry of environment, water and climate, who refused to be named cause the killing of Cecil is before the courts..

"American hunters spend big. They are a huge market for us," he said. "We still want them here. Zimbabwe sends delegations every year to lure those hunters to bring their money here. They will stop coming if the risk of arrest is high." THE ASSOCIATED PRESS

IN BRIEF

Lightning kills 22 people in southeast India

Lightning has killed 22 people, mostly farm labourers working in fields, across the southeastern Indian state of Andhra Pradesh, officials said Monday.

The fatalities occurred Sunday evening when thunderstorms and rain lashed eight districts in Andhra Pradesh, said N. Chandrababu Naidu, the state's chief minister.

Two women's cricket teams had a narrow escape when lightning struck a tree on the grounds where they were playing in Guntur town, said Sitapati, a district cricket official. "It was a miraculous escape for the players and the people at the grounds," said Sitapati.

A tree caught fire after it was hit by a lightning bolt, and the deafening sound that followed led players and spectators to flee the grounds in panic, he said.

Lightning strikes are common during India's monsoon season, which runs from June to September. However, Sunday's toll was unusually high.

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Syrian and Iraqi refugees walk along rail tracks on their way to cross Greece's border with Macedonia, near the Greek village of Idomeni, Monday. Thousands of migrants and refugees were crowding at Greece's border with Macedonia on Monday morning, their entry supervised by Macedonian police.

REUTERS/YANNIS BEHRAKIS

Putin considers deployment of troops

metr The Syrian Crisis The World Reacts

Signs of an ongoing Russian military buildup in Syria have drawn U.S. concerns and raised questions about whether Moscow plans to enter the conflict.

President Vladimir Putin has been coy on the subject, saying Russia is weighing various options, a statement that has fuelled suspicions about the Kremlin's intentions.

Observers in Moscow say the

Russian manoeuvring could be part of a plan to send troops to Syria to fight the Islamic State of Iraq and the Levant, in the hope of fixing fractured ties with the West. They warn, however, that Putin would likely find it hard to sell his idea to a skeptical U.S. and risks potentially catastrophic repercussions if he opts for unilateral military action in Syria.

By playing with the possibility of joining the anti-ISIL coalition, Putin may hope to

win a few key concessions. His main goal: the lifting of Western sanctions and the normalization of relations with the United States and the European Union, which have sunk to their lowest point since the Cold War amid the Ukrainian crisis. The Russian leader may also be angling to make the West more receptive to Moscow's involvement in Ukraine while retaining influence in Syria.

While Putin said Friday

there is no talk "just yet" about Russian troops joining the fight against ISIL, he seemed to keep the door open for the possibility, saying "we are looking at various options."

The Russian leader is set to attend the United Nations General Assembly later this month, and some analysts say a proposal to deploy troops to Syria could be the focal point of his visit.

THE ASSOCIATED PRESS

Leaders split on next steps

metr The Syrian Crisis The World Reacts

Hungary's PM: Security before immigration

Several hundred Arabs, Asians and Africans tired of waiting for buses broke through Hungarian police lines near the Serbian border Monday and marched north on the main highway to Budapest as authorities once again demonstrated an inability to control the human tide passing through Hungary.

The renewed trouble underscored the growing sense across the continent that the 28-nation European Union must reach a continent-wide agreement on sharing responsibility for sheltering more of the estimated 340,000 asylum seekers who have arrived in the 28-nation

bloc already this year.

French President Francois Hollande announced his country would welcome 24,000 refugees, while he and German Chancellor Angela Merkel had agreed on a formula for spreading the migrant load across Europe.

But Hungary's prime minister, Viktor Orban, said he wasn't prepared to pitch in and questioned how any EU quota system based on current figures could resolve the real issue of unrelenting immigration.

He said Europe first must focus on security measures designed to force travellers from troubled lands to seek asylum in neighbouring countries, not travel thousands of kilometres into the heart of Europe. He said the current discussions on a new quota to handle 120,000 migrants soon would lead to discussions on hosting millions more.

THE ASSOCIATED PRESS

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Hearings to begin for Alberta Clipper

ENBRIDGE

Cross-border crude oil sands project opposed in U.S.

A U.S. court begins hearing arguments this week in a lawsuit that claims increased volumes of oil sands crude have been allowed to flow from Canada into the United States without adequate public input or environmental review.

Indigenous and environmental groups filed a lawsuit late last year against the U.S. State Department and Secretary of State John Kerry in federal district court. Hearings start in Minneapolis on Thursday.

"Plaintiffs' members face increased risk of harm to their health, recreational, economic, spiritual and aesthetic interests as a result of the State Department's decision to allow projects



Protesters gather in front of U.S. Secretary of State John Kerry's home in Washington, D.C. Advocacy groups are urging Kerry to stop the pipeline expansion. MARK WILSON/GETTY IMAGES

with significant environmental impacts to proceed without fully analyzing and considering the impacts," the groups said in a complaint filed in February.

At issue are a pair of Enbridge oil pipelines between Hardisty, Alta., and Superior, Wisc.: Line 3 and Line 67, also known as

Alberta Clipper.

Both pipelines have presidential permits, the same crucial approval for cross-border infrastructure that TransCanada Corp. has been painstakingly trying to obtain for its Keystone XL project since 2008.

The two sides disagree over

whether it's necessary to go through that process again if more crude is to flow through those lines.

"Enbridge is operating its pipelines consistent with the presidential permits and other permits that it holds for Lines 3 and 67, while meeting its responsibility and obligations to serve its shippers' needs," said Enbridge spokesman Graham White in an email.

In court documents, the defendants say the claims "lack merit" and ask the court to "dismiss the complaint in its entirety with prejudice."

The plaintiffs include the White Earth Nation, an Ojibwe reservation in northern Minnesota; Honor the Earth, an environmental group based on the White Earth Nation; Indigenous Environmental Network; Minnesota Conservation Federation; MN350; Center for Biological Diversity; Sierra Club and National Wildlife Federation.

THE CANADIAN PRESS

ENERGY

Nexen permitted to reopen pipelines

Nexen Energy is being allowed to reopen some pipelines at an Alberta oilsands operation after provincial regulators suspended the licences for them last month.

The Alberta Energy Regulator says that after inspecting Nexen's Long Lake facility and reviewing documents, it has determined that about 40 utility pipelines that carry fuel gas, natural gas and water pose a low risk to public safety and the environment.

It says Nexen has demonstrated the utility lines can be operated safely and within all

regulatory requirements.

But the regulator says the remaining 55 pipelines affected by the order, which contain products including crude oil, natural gas, salt water, fresh water and emulsion, must stay closed until the company can demonstrate they're safe.

The regulator revoked the operating licences for the lines at Long Lake on Aug. 28 due to what it called non-compliance surrounding pipeline maintenance and monitoring.

THE CANADIAN PRESS

IN BRIEF

Microsoft seeks definition of when police can access company records from court

Microsoft wants a federal appeals court this week to agree that the U.S. reached too far when it sought a customer's emails that are stored in Ireland. The software company will argue Wednesday that the 2nd U.S. Circuit Court of Appeals in Manhattan should overturn a lower court ruling that grants

U.S. narcotics investigators authority to review the customer's email records stored by Microsoft in Dublin. In court papers, Microsoft has called on Congress to better define when the records can be accessed. U.S. prosecutors say two judges ruled correctly, adding they can be accessed by Microsoft workers in the U.S. and laws permit such access for criminal probes. THE ASSOCIATED PRESS

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metro's election explainer

Parties' past and present promises to refugees

It took a heartbreaking image of a drowned three-year-old, whose family hoped to settle in Canada, to finally draw Canadians' attention to the plight of the four million people who have fled Syria since its civil war broke out in 2011. The subsequent public outcry has forced the hands of all the major parties to clearly state what they would do, if elected, to alleviate the humanitarian crisis.

However, their promises pale in comparison to the emerging star of the Syrian refugee crisis, Germany, which plans to process 800,000 people fleeing Syria this year; 18,000 arrived this past weekend alone. If Canada accepted the same per capita, we'd be welcoming close to 350,000 Syrians on our shores.

Here's where our leaders stand, and a look at their past commitments to refugees.

New Democratic Party: 10,000 this year; 46,000 by 2019

Liberal Party: 25,000 this year

Conservative Party: 10,000. In the next three years, on top of a 10,000 commitment made in January. (Fewer than 3,000 have been admitted under Harper so far).



Syrian woman, child arrive in Greece. THE ASSOCIATED PRESS

Conservatives

Stephen Harper has reiterated many times that Canada is doing its part to respond to the crisis by addressing what his government sees as the root cause: terrorism in ISIL-occupied part of Syria and Iraq.

Past participation: The Progressive Conservative government under Joe Clark led the way in an effort to settle 50,000 South Asian refugees in the wake of the Vietnam War, pioneering private sponsorship at the same time.

Liberals

Liberal Leader Justin Trudeau has called for a leaders' meeting to discuss the crisis — there's no sign of that yet — as well as calling for more than 10 times more Syrian refugees to be accepted than have been

admitted to date.

Past Participation

The Liberal government of Pierre Trudeau responded to an ethnic cleansing of South Asians from Uganda by bringing in 7,000 refugees in about a year in 1972-73.

NDP

NDP Leader Thomas Mulcair has said "no amount of military action" will address Syria's crisis, calling for "quick" humanitarian assistance instead.

Past Participation

New Democrats have never formed a government. But in the 1930s, J.S. Woods-worth, the leader of the party's predecessor pleaded with the federal government to accept Jewish refugees fleeing Nazism, saying he felt "helpless and ashamed" about the country's lack of response.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

I don't limit my 13-year-old's gaming. Here's why.



Catherine Little
For Metro

I have a confession to make: My son, Alex, received his first hand-held video game when he was 3. My sister, with our permission, got Alex a Leapster, a child-targeted education gaming system, for Christmas.

He loved it. And soon he wanted more. In the early years, I learned every video game Alex wanted to play. Let's just say I got to be pretty proficient at Plants vs. Zombies, and even heard Alex brag to his friends about how his mom had beaten the game.

We'd sit on the couch, passing the iPad back and forth. We'd cheer each other on, discuss strategy and debate what the best buys for each level were. I started appreciating the skills and thinking needed to play the games successfully.

Now, at 13, my son spends

all of his spare time on his iPad. This seems to bother his father a lot more than it bothers me. Alex has friends whose parents try to limit the amount of time their children play video games. Personally, I'm conflicted about how much is too much.

When Plants vs. Zombies gave way to more violent games, I started to worry, and I looked into the science. I needed help deciding if I should restrict how much time Alex spent doing what he loved to do. I've chosen not to.

Evidence is on my side. An emerging body of research hints that video games may be more than OK.

My husband, who is a doctor, used to worry Alex's gaming habit might harm his school performance. However, a large Australian study last year found no evidence video games had a negative impact on kids' grades. Even after the researchers looked at the international science, math and

reading test scores of 192,000 students in 22 countries, they found that frequency of video game use had no significant effect on achievement.

But could violent games make my kid violent, or at least aggressive? Yet another apparently unfounded worry. A 2013 Springer study of 377 American kids found no association between violent video games and delinquency or bullying, even in children with depression or hyperactivity.

I breathe a little easier knowing I'm not interfering with his potential or encouraging hooliganism.

But what about those strategy games he always seems to be in the middle of when I say, "Dinner is ready"? Though they're hard to tear kids away from, research suggests the planning and multitasking required by these kinds of games may improve cognitive flexibility — the crucial ability to juggle more than one concept in your mind and switch

fluidly between them.

Since Alex was little, many of his friends' parents have told us that they carefully restrict their kids' screen time.

I'm still not sure what to say to them. On one hand, I understand how difficult it is to live with a teenager who eats, breathes and sleeps video games. On the other, research doesn't support the idea that video games are the source of all evil, as some seem to think.

Despite being allowed to use all of his spare time gaming, Alex is an honour-roll student, swims at a high level, plays house-league baseball and is generally a nice kid. I'm not positive this is the right approach. But I spent as much time watching TV in my youth as my son now spends on his iPad. My parents worried I'd melt my brain, but it seems to have worked out OK for me.

Catherine Little is a Toronto-based science and mathematics educator and writer.

ROSEMARY WESTWOOD

metroview

A new argument for screen-free time: Avoiding advertising

It's a messaging minefield out there on the web.

Scrolling through social media feels like walking down a crowded market street to the shouts of vendors hawking hair extensions, even though they should know, by the hundreds of photos I've posted to social media, that I have a great hair.

This is modern life: suffering through the detritus of wonky algorithms that may or may not know you, and both options are bad.

No, Facebook, I don't want to click on the image of an overweight woman whose "SHOCKING New Look Has Him Kicking Himself".

First, I'm not into body-shaming. Second, I suspect it's sponsored content because none of my 635 Facebook "friends" post things like that. Third, I know it's sponsored content because, even though you've dressed up the avatar as the sexy brunette Sophia Jones, you've had to add that small "sponsored" tag.

BTW, Facebook, I'm also meh about zombie culture.

Instagram's no better. So I follow a few fashion designers. That's aspirational, maybe even masochistic. I can no better afford that Mercedes-Benz you've pushed into my feed than a Vera Wang dress. Even if I could, I tend to think unnecessarily expensive cars

are a great way to advertise your warped priorities. (If you've driven by me in your Ferrari and I ignored you, it was on purpose.) Canadian Tire is more my price range, but Instagram should know that if I want to find out how to hang a picture, I won't look for a sponsored post. I'll Google it.

Elsewhere on the web, I am tormented by ads that are harder to deride and dismiss.

I'm considering visiting websites with products that I hate, just so I don't have to look at the dove-grey, large-face gold-rimmed watch I'd love to buy, but can't afford, or the soft white leather slip-on shoes that would look great with the wide-leg ankle-length slacks I am coveting.

It is cruel to have to research a story while images of things I want but cannot have rotate on repeat at the side of my screen.

Of course, this is the world now. We were told they'd start following us and anticipating our needs. When they don't get it right, it's to ridiculous effect. When they do, it's taunting.

Maybe a new argument should be made for screen-free time, one based not only on avoiding harmful blue light and scattered attention, but also on avoiding the reflection of who algorithms say you are. So you can just be.

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Rush weak for Canadian frats

FRATERNITIES AND SORORITIES

Why the Greek life is a much bigger deal on campuses south of the border

Given all the inequities foisted upon Canadian consumers compared to the spoiled shoppers to their south, it's safe to assume few have spent significant time dwelling on the absence of choice when it comes to wooden bum-spanking paddles.

But it's true.

Add tush-thumping paraphernalia to the list of goods where American consumers have greater options, only in this case the huge gap in choices between Amazon.ca and its American site tells a fascinating sociological story. It's the story of fraternities.

The Greek-letter organizations are much more prevalent in the U.S., hence the bigger market for hazing instruments — or as the sellers describe them, stained-wood, engravable, spanking-themed college souvenirs.

How did this Canada-U.S. cultural divide occur? The answer goes back a couple of centuries, but a good starting point for understanding it happened in the summer of 1984.

Just days after Hollywood released *Revenge of the Nerds*, then-president Ronald Reagan signed into law the National Minimum Drinking Age Act, making it harder for anyone under 21 to score booze in a commercial establishment.

It just so happened that campus clubs were sitting on a few billion dollars' worth of private property, accumulated since the early 19th century — frat houses.

These houses have provided a sanctuary for insobriety in a way Canadian



Revenge of the Nerds helped entrench fraternity life in American popular culture. 20TH CENTURY FOX/THE CANADIAN PRESS

kids might not appreciate, given their ability to waltz into bars at age 18 or 19 and demand Molson's without fear of bouncers checking ID.

"Greek life can dominate the social scene at (U.S.) colleges and universities," said Susan Lipkins, an expert on fraternity initiations who runs the site insidehazing.com.

"If you look at the universities you can say, 'Oh, it's only 10 to 20 per cent

(enrolment),' one would think they don't have that much power. But they do..."

"They're in charge of parties."

Enrolment numbers illustrate why there's so much more Greek-themed college memorabilia on Amazon.com than Amazon.ca.

Sorority membership has practically doubled in the last decade, with about 660 chapters in the National Panhellenic Conference. Only a dozen are

in Canada. Same for fraternities: Tau Kappa Epsilon is the biggest in terms of chapters, with 259. Five are in Canada.

The original fraternity was founded at Virginia's College of William and Mary in 1776 — a century before the first Canadian fraternity chapters opened.

Inspired by medieval societies and their secret initiations, it was named Phi Beta Kappa because one founder was a recognized Greek scholar.

"Beer kegs, toga parties, and goldfish eating were not yet part of the Greek curriculum," says the book *Inside Greek U*.

As colleges opened to the masses, the culture changed.

When women and minorities arrived, some disturbing behaviour followed — including sexual assault and racial segregation. A 1952 incident telegraphed a new hyper-machismo: the state of Missouri called in the National Guard amid the bedlam of the earliest known panty raid.

They still offer benefits — professional networking and cheaper housing.

20%

One benefit of Greek life especially relevant in the U.S.: remedying loneliness. Twenty per cent of American students leave their state, double the rate of Canadian undergrads who study out-of-province, according to Universities Canada's analysis of federal data.

Canadian Supriya Dwivedi heard from American sisters that Greek life was their ticket to affordable housing and parties.

Which wasn't the case in Montreal.

"At McGill it wasn't like being in a sorority or frat was necessary or even viewed as being something cool," said Dwivedi, now a public affairs consultant.

"Most of the time when people found out I was in a sorority, their initial response was to ask me, 'Why?'"

As for the hazing, several Americans interviewed said it wasn't so bad. They compared it to military boot camp — an unpleasant means toward bonding.

They had to study obscure details about their fraternity and recite them under pressure. Delaware native Patrick Zingaro recalled only one incident: a cut on his elbow from being forced to lie in a basement.

That, and they made him drink a live goldfish. THE CANADIAN PRESS

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Don't get schooled by big student debt

BUDGETING

Before sending your scholar off, have a chat about finances

Gail Vaz-Oxlade
For Metro Canada



Despite years of teaching my son about money, there was still ground left to cover before he headed off to college or university this year. How would he manage the money he'd need for tuition, books and living? Would he get and use a credit card? And when was it okay to call home to mommy?

Did you take the steps to make sure you've prepped your young 'un for their new, independent life?

1. Have the cash flow chat

Whether she's going to school using student loans, money from that diligently saved RESP or summer work savings topped up with help from mom and dad, it's time your daughter learned there's many mistakes to be made with a budget and wallet. Whatever she's got is likely more money than she's had to handle in her whole life.

Step 1 is allocating the money that will cover school

costs: tuition, books and supplies, getting to and from school, and residence cost or first and last month's rent if she's living off campus. Don't forget the money for that first big grocery shop or to cover the student food plan. And set a little something aside for emergencies, say about \$500.

Step 2 is splitting up what remains over the amount of time she'll be at school. Some programs run a full calendar year, so she'll need to spread the money over 12 months. If she's at school from September through April, divide what's left by eight to come up with a monthly budget amount.

Ah, the budget. Here's where essential expenses rub up against less important needs and wants.

While food, Internet and medical costs are essential expenses for students, sushi and cable are definitely wants, and a cellphone falls somewhere in the middle.

2. Set an upper limit on debt

Since your child's student loan came relatively easily and without clearly defined limits, it may disappear just as quickly without a plan. The same is true for a student line of credit or the balance on a credit card. It makes no sense to take on more debt than he can ever afford to pay back, regardless of the form. So helping him understand

how much debt is enough is important.

Here's a rule of thumb: He should plan to graduate with no more than his first year's net income in total debt. So if the job he's heading to will put \$37,000 a year in his pocket after taxes, that's as much debt as he'll leave school with.

Credit card debt? Is that really a good idea?

Well the debt part isn't, but the credit card part is. There's no easier time to get a credit card than when you're in college or university. Students should take advantage of the opportunity by using that card to cover essential expenses like food, then paying the bill in full every month.

That'll help them establish credit identity and teach the importance of tracking expenses.

The right to use a credit card comes with the responsibility of keeping track of every penny spent and paying the balance in full every month.

3. Make your role clear

Calling home to mommy or daddy because your student couldn't resist the urge to buy shoes or got blotto-drunk and lost the weekly grocery money at poker shouldn't even be an option. Sure it's hard to watch kids tough out a difficult week or three. But part of living on their own is to learn that they can stand on their own

KEEPING TRACK

Basic bookkeeping

Offer a notebook, spreadsheet or budget app to use as a journal and show how to keep a running balance that reflects the reality of spending. When money is received, add it to the balance. When money is spent — using a debit card, credit card, by writing cheques or using cash — deduct it from the balance. The point is always knowing what's left in the bank.

two feet. If you keep rushing in to rescue them, you'll be teaching them that you don't trust them to fend for themselves and that they're totally dependent on you.

It's fine to be your child's safety net in situations no one could have anticipated. But replacing coats that have been lost, cellphones that have been drowned or laptops that have been abused isn't part of the deal, so make that clear.

Check in bi-weekly in the early months. If your student proves he or she can't manage the lump sum money, step in and pay a monthly (or even weekly) salary, giving no more than the basics until he or she gets the hang of managing the money.



Introduce junior to concepts like cash flow well before he moves into residence. ISTOCK

By second semester you'll be checking in monthly or even every other month. But remember, taking away all the responsibility won't actually teach a thing.

You may need to pull in the reins a bit, but don't remove

all the responsibility and accountability.

Let the natural consequences — like living on ramen noodles or walking to school in layers because of a lost jacket — teach the important lessons.

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JOB SATISFACTION

Don't be fooled by office perks, research true work culture

Eleni Deacon
For Metro Canada



Wannabe tech workers might be enchanted by the promise of complimentary snacks and midday naps in egg-shaped sleeping pods.

Or the hefty paycheques, accompanied by generous signing bonuses and potentially hefty equity. The beanbag-chairs-everywhere stereotype is pretty utopian — but new research suggests tech workers aren't hitting "like" on their jobs.

In a recent survey of 5,000 engineers and developers, the app-maker TINYpulse found that, in every category of inquiry, tech workers were less satisfied than those in other industries. Only 36 per cent of tech employees see opportunities for professional growth, compared to 50 per cent



A scene from season 2 of HBO's Silicon Valley. A recent survey of engineers and developers found tech workers are less satisfied in their jobs than other workers. FRANK MASI/HBO

in other industries. And while 69 per cent in tech say their supervisor has recently recognized their work, three quarters were feeling the love elsewhere. Most disheartening: When asked if they were very happy at work, only 19 per cent of tech workers answered yes, versus 22 per

cent in other fields — a small but statistically significant disparity.

These ho-hum reviews challenge the notion that holy-cow salaries — i.e. the going rate for many tech pros — translate into everyday fulfilment. Making a comfortable income is undoubtedly a key contribu-

tor to employee contentment, since no one likes toiling for crumbs. But the survey points to a bevy of factors — understanding your company's values, feeling appreciated, having solid relationships with your colleagues, among others — that determine whether or not workers will

spend every weekday longing for Saturday.

To dodge 9 to 5 misery, job-hunters should prioritize company culture as highly as cash — and perhaps even more than the nitty-gritty of the work itself. You may enjoy the actual tasks on your to-do list, but if your

boss never notices your efforts, you don't agree with your organization's principles, or you can't stand spending 40 hours per week sharing a cubicle with Bob, it's likely you'll dread sitting at your desk. Culture can be tricky to evaluate during a job interview, but it's worth using your question period to pose some tactful — but hopefully revealing — questions about office life. Although Ping-Pong tables in the break room are fun, flashy cosmetic perks are not true indicators of corporate culture. By inquiring about the atmosphere in the office (whether it's chatty or quiet), the organization's mission statement, and professional-development opportunities, you won't just demonstrate a deeper-than-dollars interest in the position — it will also help you feel out whether a prospective employer aligns with your outlook and goals.

When seeking new work, it's easy to be seduced by the bottom line. But it's by reading between the lines that workers can land gratifying roles.

When it comes to on-the-job happiness, the value of a paycheck is no replacement for an employee's sense of self-worth.

June Bug Domestic Medium Hair

Eight-year-old June Bug is a statuesque beauty who was found as a stray in the Halifax area. While she is shy in the shelter setting, she is responsive when petted... loving a back rub and little scratches on her forehead. She is relaxed and trusting, stretching to make sure you pat her from all sides. June Bug is a happy house cat who somehow ended up outdoors.

She is at the shelter waiting patiently to be whisked away to her new forever home.



For more information on **June Bug** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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Caffeine-free wake-up tips

ENERGY

Stretches, healthy snacks and cat videos all helpful

Eva
Kis
Metro | New York



We're all working longer hours, want to spend more time with our families and find a little something left over at the end of the day for ourselves. All of this means sleeping less, and one of the few legal ways to still be functional the next day is with the help of caffeine.

A cup (or four) probably won't do more than make most people jittery, but in concentrated doses, caffeine can be harmful. Last week, the U.S. Food And Drug Administration issued a warning about powdered caffeine after tying the deaths of

two young, healthy men to overdoses. Try these tips for more effective, stimulant-free ways to stay awake.

Desk exercises

Fatigue isn't just in your limbs; You have to periodically reboot yourself head to toe. Roll your eyes and stare at a faraway spot for 20 seconds. Give your brain some mind candy by switching tasks when you're feeling sleepy to something that's fairly fast and easy, like answering emails or even watching cat videos (this has the benefit of lowering your stress levels just as playing with a real animal would). And deep breathing is not just for yoga class — boost your circulation while lowering blood pressure by inhaling using your abdomen.

Intelligent refuelling

Instead of reaching for an energy bar, or worse whatever is left in the office vending machine, grab something low in sugar and high in protein, like Greek yogurt

(with fresh fruit), a handful of nuts or carrots with hummus. This is high-quality energy that won't leave you shaky from low blood sugar in a couple of hours. And remember to drink water: Thirst sets in when two to three per cent of your body's natural hydration is lost, but mental effects show up at as little as 1 per cent loss.

Total-body reboot

Sitting is killing us just as surely as smoking is, so the next time you're feeling sluggish, go for a walk. Even 10 minutes will boost circulation and energy for up to two hours. Bonus: Put some music on.

Get some sleep, already

Seriously, put down your smartphone, turn off the TV and go to bed. Even a single night of sleep deprivation makes you more sluggish, shortens your attention span and hurts your ability to learn. So get some sleep, before lack of sleep gets you.



Not getting enough sleep can elevate stress hormones and affect your work performance. Grabbing a coffee just delays the inevitable, but a good night's sleep will help give you the energy you need to get through the day. iSTOCK

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Safe and sound

A security system can improve your life

With the house sitting empty during the day as the kids return to school and the work routine returns to normal, a security and home automation system can make life easier and safer, as well as give parents peace of mind, says Blake Smith of Wilsons Security.

Whether you are leaving in the morning or coming home at night, a security system can turn lights off or on and regulate heating. Lights in different rooms can be programmed to turn off at bedtime. The system will also notify you if you have forgotten to arm or disarm it.

Did you forget your keys? If one of your kids loses the house key, you will be able to open doors remotely from your smartphone, tablet or computer.

"Adding remote access will mean you're always connected by mobile phone, iPad or



SHUTTERSTOCK

computer, no matter where you are," Smith says.

Another option is a keyless lock system, where everyone in the household has their own entry code, and an alert can be sent to your cellphone as each person opens the door and gets home.

A motion-controlled camera by the front door will send a video clip to your mobile device whenever someone enters the house (cleaning lady, dog walker, etc.) A camera can also look in on your living room — and family — while you are away.

It's convenience and security when you need it most. For more information, contact Wilsons Security at 902-453-3388 or visit wilsonsssecurity.ca.

STAR METRO Content Solutions

Learn the essentials of life coaching

The role of a certified life or executive coach is to help people uncover their potential, fully understand it, and fully implement it, removing barriers and obstacles along the way.

"I call this, explore, excavate, and execute," says Abe Brown, president, Certified Coaches Federation (CCF).

Brown says to fully explore your potential and the potential of your organization. "Coaches assist clients and organizations to discover their unique brilliance, their LIFEFIT," says Brown.

Brown says your LIFEFIT is your specific destiny: your unique combination of passions, interests, gifts, personality, talents, abilities, marketable skills, education, experiences, people skills, calling, networking, relationships, and opportunities where you will experience abundance. In excavate, individuals will learn to dig deeper and remove barriers.

"The list of barriers and blockages is endless, and all of them can be excavated,



SHUTTERSTOCK

removed, and addressed in a healthy way," says Brown. And execute is all about living your potential and LIFEFIT and that of your organization to the fullest.

Through the certified life and executive coach training course, individuals will learn to harness these three points and direct them towards their development of their coaching skills.

This two-day intensive certified life and executive coach training course takes place on November 7 and 8 at the Best Western, Chocolate Lake, Halifax. Registration for this course is open now. To learn more, visit certifiedcoachesfederation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoachesfederation.com.

Get started on graphic design at da Vinci College

Graphic designers and web developers play an important role in the success of marketing.

As a specialized web and graphic designer, you can work in a team, do freelance work, or open your own design company and the graphic design and web development program at da Vinci College can get you started.

"We enable designers to build rewarding careers by integrating their knack for creativity with the technical skills required to build a website," says Janice Currie, director, da Vinci College.

"Our graduates often work alone or in a team environment to collaborate on dynamic, engaging websites. Students learn to combine their creative flair with technical smarts, cost management, and schedule management to deliver projects on time and on budget."

Upon completion of the program, students possess the skills they need to build their own freelance business or to work in a variety of sectors within the design and web development industry.

The work is very hands-on, and students graduate with a portfolio of work that opens doors and helps secure a job.



CONTRIBUTED

Training in both graphic design and web development opens up a wide variety of diverse career opportunities, including, graphic designer, illustrator, multimedia and web designer, production designer, web/graphic project manager, interface designer, UX designer, interactive designer, web developer, and more.

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The skills to operate a business

Business College is now offering a new program designed for who enjoy multi-tasking-called business marketing and administration.

"Working in business is rewarding because you gain valuable experience working in a variety of different disciplines," says Janice Currie, director, Maritime Business College.

The business marketing and administration program is designed to give students a solid foundation in the skills necessary to work in, manage or operate a successful business.

There is a strong focus on administration, marketing and entrepreneurship. Graduates of this program will be able to work in a wide variety of business settings and have the capacity to assume a multitude of roles. This could be in large or small private businesses, public sector positions or starting up their own company.

It is a balanced, inclusive program that prepares students for a competitive business setting.

"Managing an entrepreneurial business can



CONTRIBUTED

be challenging, but it is exciting to be part of the solutions process," says Currie. "The core role of a business marketer is to identify challenges and opportunities, and then developing action plans that will improve the company."

This program also prepares people for setting up and managing their own business.

"Other business programs prepare you for entry level jobs in business operations," says Currie.

"This program places a greater emphasis on strategic marketing, project planning and implementation, and on the general management of business operations." For more information, visit maritimebusinesscollege.ca.

CONTINUING CARE A FAST GROWING HEALTH FIELD

The continuing care segment is one of the fastest growing fields of health care.

The continuing care assistant (CCA) program at Success College trains students to deliver appropriate short or long-term care assistance and support services to those in need.

"Using classroom, laboratory, and supervised field placements in care settings, the program develops the skills necessary to provide appropriate, timely, and respectful client-focused care to the elderly, persons with disabilities, and those recovering from illnesses or injuries," says Janice Currie, director, Success College.

This course trains support workers for home care, long term care and hospitals.

"Our population is aging, and Nova Scotia has more seniors per capita than the national average — 16.6 per cent, compared with a national percentage of 14.8 per cent, according to Statistics Canada," says Currie.

"There continues to be a strong demand for nursing homes, but more care is being shifted to individuals in their homes."

Employment opportunities include hospitals, CTAs (Care Team Assistants), home support workers, and personal care workers.



CONTRIBUTED

The CCA program is a provincial standard program required as an entry-to-practice standard for designated care settings under the jurisdiction of the Department of Health.

Upon completion of the CCA program, students will write a provincial certification exam to receive the CCA certification. This program is pending approval by the Department of Labour and Advanced Education. To learn more about this program at Success College, visit successcollege.ca.

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Jays knocked off by Sox

MLB

Toronto loses for just the fourth time in last 16 games

The Toronto Blue Jays are trying to slug their way to an AL East title.

They'll need better pitching than this, though.

Jackie Bradley Jr. had four hits with a two-run home run and four RBIs, Rick Porcello pitched into the eighth inning and the Boston Red Sox beat the division-leading Blue Jays 11-4 Monday.

The Blue Jays lost for just the fourth time in 16 games, but had their lead atop the East sliced to a half game over the New York Yankees, who beat Baltimore 8-6 on Monday.

Working on seven days' rest after complaining of fatigue, Mark Buehrle (14-7) gave up five runs on nine hits in 3-1/3 innings. The bullpen wasn't much better, giving up six runs on eight hits.

The Blue Jays lost the opener of their last series in Baltimore 10-2 but responded to win the next two games.

Toronto manager John Gibbons said he has "some concerns" about Buehrle, who has had a couple of tough outings recently.

The veteran left-hander said he felt fine.

"I felt better today than I have in the last couple," he said. "It's pretty much September is what it was. It was just one of those days where their offence was there. I'll take today — besides



Red Sox catcher Blake Swihart tags out Jose Bautista after the Blue Jays right-fielder struck out on a pitch in the dirt in Boston, Monday. WINSLOW TOWNSEND/THE ASSOCIATED PRESS

the results — just about any day."

Josh Donaldson and Justin Smoak each hit solo homers for Toronto. Donaldson's was his 37th.

Toronto leads the majors with 191 homers and 750 runs.

Bradley added two singles and a double and Travis Shaw hit a two-run homer for Boston, which posted its fourth straight win and eighth in 11 games.

"I'm not trying to force any-

MONDAY In Boston



thing," said Bradley of his recent offensive surge. "I'm trying to swing at strikes."

Porcello (7-12) had his third consecutive strong start since

coming off the disabled list following a right triceps strain. He allowed four runs — three earned — and eight hits over 7-1/3 innings.

David Ortiz had a pair of doubles and an RBI. The second — below a sign with the white numbers "497" that signify his chase to become the 27th player to hit 500 career homers.

THE CANADIAN PRESS

+ REHAB

Right-handed pitcher Marcus Stroman, who tore a ligament in his left knee during spring training, made his second rehab start Monday, giving up four runs on eight hits over three innings for triple-A Buffalo.



Greg Bird, right, and the Yankees overcame a 4-1 deficit on Monday in New York. BILL KOSTROUN/THE ASSOCIATED PRESS

Bird's blast bests O's for Yanks

Rookie Greg Bird hit a tiebreaking, three-run homer off Brian Matusz in the seventh inning, and the New York Yankees rallied past the reeling Baltimore Orioles 8-6 Monday to close within a half-game of AL East-leading Toronto.

Alex Rodriguez and John Ryan Murphy also homered for the Yankees (77-59), who overcame a 4-1 deficit and improved to 18 games over .500 for the first time since 2012. With his 29th home run this season, A-Rod got his 3,054th career hit and passed Rod Carew for sole possession of 22nd place.

MONDAY In New York



Jonathan Schoop and Manny Machado homered for the Orioles, who have lost 15 of their last 18 games and faded from AL wild-card contention.

Michael Pineda allowed four runs in the second inning, when Schoop hit a three-run homer on an 0-2 hanging slider.

Bird, a 22-year-old who made

his big-league debut on Aug. 13, also connected on an 0-2 offering, sending and sent the pitch by Matusz off the back of the Yankees bullpen in right-centre.

With the score 5-all, Jorge Rondon (0-1) walked Carlos Beltran leading off the seventh, Chris Young singled and Baltimore brought in the left-handed Matusz to face the left-handed-hitting Bird.

Bird, playing regularly because of Mark Teixeira's injury, hit his fifth homer, giving him 17 RBIs since his callup.

THE ASSOCIATED PRESS

IN BRIEF

Hughes reveals doping violation was kept quiet

Former Olympian Clara Hughes has revealed a previously undisclosed anti-doping rule violation from 1994.



Clara Hughes
GETTY IMAGES FILE

Hughes wrote in her newly released memoir that she tested

positive for the banned substance ephedrine in 1994 and that she was notified of the test result by Cycling Canada's then national team director. Hughes says in the book that the violation was intentionally kept quiet.

The offence occurred before the creation of the World Anti-Doping Agency or the Canadian Centre for Ethics in Sport, Canada's national anti-doping body.

THE CANADIAN PRESS

Ticats hammer Argos

Zach Collaros and the Hamilton Tiger-Cats regained their Tim Hortons Field swagger Monday afternoon.

Collaros threw four TD strikes to lead Hamilton to a convincing 42-12 Labour Day victory over the arch-rival Toronto Argonauts. The Ticats were coming off a 26-23 loss to Montreal on Aug. 27 that snapped their 10-game win streak at the new stadium.

Collaros finished 26 of 38 passing for 400 yards.

THE CANADIAN PRESS

Geno Smith moving on from jaw-breaking punch

Geno Smith insists he has moved on from the punch that rocked the franchise and might have cost him his starting job.

The New York Jets quarterback has no plans to file charges against former teammate Ikemefuna Enemkpa, the linebacker who broke Smith's jaw when he slugged him in the locker-room last month.

Smith, expected to miss at least the first four games of the regular season, would not address whether Enemkpa apologized to him. THE ASSOCIATED PRESS



Victoria Azarenka beat Vavara Lepchenko. ELSA/GETTY IMAGES

U.S. OPEN

Azarenka, Wawrinka into quarterfinals

Victoria Azarenka and Stan Wawrinka, both two-time Grand Slam champions, make trips to the U.S. Open quarterfinals an annual affair. Their experience showed Monday against American opponents who don't know how it feels to go that far at a major.

Azarenka, whose ranking is down to 20th after two injury-plagued seasons, is starting to look like the player who took Serena Williams to three sets in the final at Flushing Meadows in 2012 and '13. On Monday, she won 6-3, 6-4 over 46th-ranked American Varvara Lepchenko, who had reached her first U.S. Open round of 16.

Wawrinka had a few more tense moments against another American who has never been past the fourth round at a major. Donald Young had come from behind in his three previous matches, twice rallying from down two sets, but Wawrinka's power and poise never gave him much of a chance to do it again no matter how loud the Arthur Ashe Stadium crowd roared. The fifth-seeded Wawrinka won 6-4, 1-6, 6-3, 6-4, taking control in the final two sets behind his bigger serve.

Wawrinka next faces Andy Murray or Kevin Anderson. THE ASSOCIATED PRESS

Mueller double puts Germans in control

EURO 2016 QUALIFIERS

World champs and Portugal one point from place in France

Germany and Portugal closed in on European Championship qualification on Monday, while Northern Ireland missed the chance to book its place at next year's tournament in France.

Thomas Mueller scored twice and set up the other for Germany to defeat Scotland 3-2 in Glasgow and move within touching distance of automatic qualification.

The world champions are assured of at least a playoff place but one point from their remaining two games — Ireland away or Georgia at home — will secure their place in France.

Portugal also needs just one more point after Miguel Veloso scored in injury time to snatch a 1-0 win at Albania.

The top two finishers from the nine groups qualify automatically for Euro 2016. The best third-place team also qualifies automatically, and the eight remaining third-place teams go to a playoff to contest the last four qualifying places.

Here is a look at Monday's Euro 2016 qualifying matches:

GROUP D

Mueller scored twice in the first half either side of Mats Hummels' own goal, and then set up Ilkay Gundogan for the win-



Scotland's Russell Martin holds off Germany's Mario Goetze in their Group D game in Glasgow which Germany edged 3-2.

MATTHIAS HANGST/BONGARTS/GETTY IMAGES

ner after James McArthur had pulled Scotland level again. Mueller now has five goals in three Bundesliga games for Bayern Munich and three goals in two qualifiers for Germany since the season began. "I feel good," Mueller said.

Also, Poland routed Gibraltar 8-1 to stay on course for a top-two finish, while John Walters' 69th-minute goal was enough for Ireland to boost its hopes of a playoff with a 1-0 win over Georgia in Dublin.

Ireland, which next plays Germany at home then Poland away, has a five-point lead over Scotland, which plays Poland at home then Gibraltar away.

GROUP F

Northern Ireland needed an injury-time goal from Kyle Lafferty to draw 1-1 at home against Hungary after going down to 10 men.

A win would have ensured automatic qualification, but the draw leaves the team still top of the group. Hungary looked like

closing to within a point of the leaders when Richard Guzmics volleyed in from close range in the 74th minute after goalkeeper Michael McGovern spilled a free kick. Chris Baird was then sent off for Northern Ireland, but Hungary couldn't hold out and stayed four points back in third.

"It wasn't vintage," Northern Ireland manager Michael O'Neill said, "but it was pure theatre."

Romania drew 0-0 at home to last-place Greece and remained second, a point behind Northern Ireland. Also, Finland beat Faeroe Islands 1-0

GROUP I

Both Portugal and Albania hit the woodwork before Veloso headed in substitute Ricardo Quaresma's pass for the visitors' 92nd-minute winner.

It ensured that Portugal made it six wins from six road games in qualifying and brought a measure of revenge for the side's shock defeat to Albania in Aveiro in the opening round. Elsewhere, Denmark was stymied at Armenia for a second 0-0 draw in four days, complicating the Danes' chances to secure a berth for the 2016 tournament with a top-two finish.

Portugal increased its group lead to 15 points. Denmark has 12 while Albania has 11, but both Portugal and Albania have a game in hand. Armenia moved onto two points with the draw with Denmark. Serbia is in last place with one point.

THE ASSOCIATED PRESS

GOLF IN BRIEF

Fowler in mix for \$10 million

One big putt for Rickie Fowler. One big mistake for Henrik Stenson.

That turned out to be the difference Monday when Fowler rallied from a two-shot deficit with five holes to play, making a 40-foot birdie putt on the 14th hole and playing flawless the rest of the way for a 3-under 68

and a one-shot victory in the Deutsche Bank Championship in Norton, Mass.

Fowler won for the third time this year and moved to No. 5 in the world. The win assures he will be among the top five players in the FedEx Cup that has a clear shot at the \$10 million prize in the Tour Championship.

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Cook time: 15 minutes

Serves 4

Ingredients

- 4 oz red-skinned small potatoes
- 2 oz green beans, trimmed
- 6 oz lean good quality steak (New York strip, top sirloin or beef tenderloin)
- 6 cups baby spinach
- 1/3 cup sliced black olives
- 1 1/2 cups ripe tomatoes, cut into large chunks
- Dressing
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1 1/2 tsp honey
- Salt and pepper

Directions

1. Add potatoes to a pot of water

and bring to a boil. Boil for 12 to 15 minutes, just until tender. During last two minutes of cooking, add green beans. Drain and rinse with cold water until no longer warm. Slice potatoes in 1/4-inch thickness.

2. Meanwhile, grill steak until medium rare or done to your preference. Let rest for 10 minutes. Slice thinly.

3. Dressing: combine all ingredients in small bowl.
4. Add spinach to large serving platter. Add 2 Tbsp of mixed dressing. Place potatoes, beans and steak, olives and tomatoes over top spinach. Pour over remaining dressing.

Nutrition per serving

- Calories 230
- Protein 16 g
- Carbohydrates 18 g
- Fibre 3 g
- Total fat 11 g
- Cholesterol 25 mg
- Sodium 390 mg

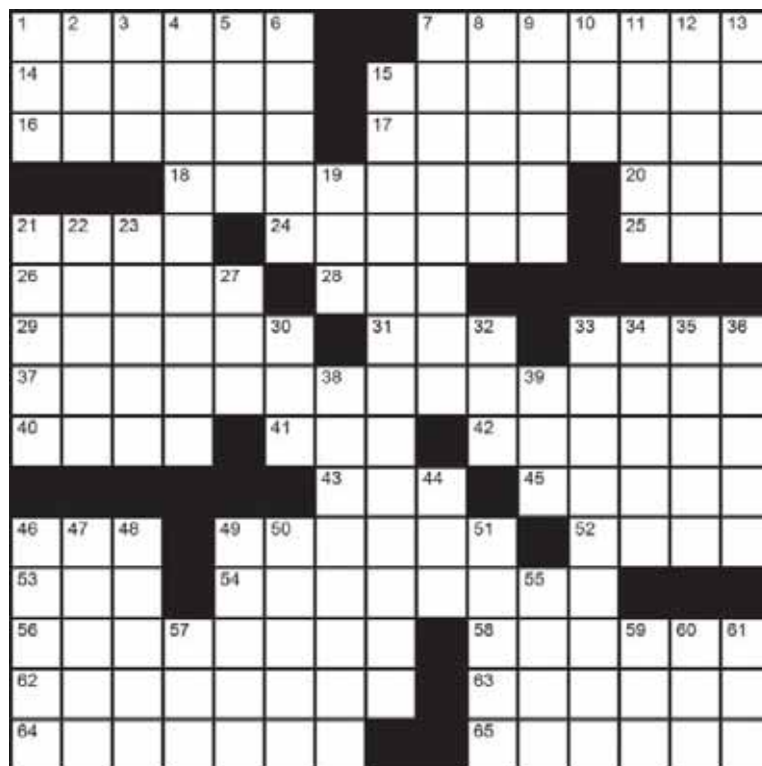
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Noise from an unclear radio station
7. Games galleries
14. Martial Art from Japan
15. Landline signal: 2 wds.
16. Beaches: French
17. Debate
18. Port city in Ontario where Dundurn Castle is located
20. __ generis (Unique, in Latin)
21. Do this as a craft
24. Tea type
25. Pantry item
26. Baseball feat
28. Louisiana's li'l locale
29. Muse of astronomy
31. Backup singer to Gladys
33. Nautical hook
37. Canadian singer/songwriter Lindi Ortega's new album: 2 wds.
40. Secondhand
41. Diamond stud locale
42. Elegant court dance
43. Booming times
45. With much merriment
46. Alphabetic trio
49. Seasoned stew sort
52. Chow
53. Veil heroine in ancient Greek myth
54. One who sets goals and meets them



56. Dreams up
58. Groucho Marx facial feature, hip-style
62. One receiving an induction
63. Teatime treat
64. Stupendous
65. From that point, archaically

DOWN

1. Tree drink
2. Poetic contraction
3. "___" Pablo" (Short-lived 1984 sitcom)
4. Constricted
5. Brain wave
6. Popular fashion mag

7. ___-___ missile
8. Really criticize: 2 wds.
9. Held on
10. Bank-in-the-wall, commonly
11. Perform/accomplish, archaically
12. Boredom
13. ___ or-

- der (Sort)
15. Swimmer of the North Pacific that appears to be an Orca because of its markings, but it's not, it's a what?: 2 wds.
19. Cash substitute letters
21. Name by which

- Cheops (the Pharaoh who commissioned the Great Pyramid of Giza) is also known
22. Ms. Ephron's
23. "___ it!" (Arriving-one's exclamation)
27. Free
30. Birthday celebrant's new number
32. Arthur Gordon __ (Edgar Allan Poe title character)
33. Canada Dry product: 2 wds.
34. "Be-Bop-___": Gene Vincent hit of 1956
35. England: London's famous __ Street
36. Lovely parties
38. "Last Comic Standing" audience reaction
39. By way of
44. Litigate
46. Canadian impressionist Mr. Little's
47. Snob
48. Large weight unit
49. French painter Mr. Dufy (b.1877 - d.1953)
50. Ghana's capital
51. Clicker-holder's target: 2 wds.
55. Engrave
57. Shortened title for Elvis' manager
59. Laura Linney flick, "You __ Count on Me" (2000)
60. ___ (Fruit drink)
61. "___ I saw Elba."

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
It does not matter if others doubt your abilities — you know you have what it takes to succeed and no one and nothing can stop you. Today's Mars-Uranus link will multiply your confidence tenfold.

♉ Taurus April 21 - May 21
Some will tell you that changes you made on the home front should now be changed back again but don't let them persuade you. You can already see that the future is more exciting.

♊ Gemini May 22 - June 21
You won't hesitate to speak your mind today. Your words will be short, sharp and to the point — just make sure that what you say is backed up by facts.

♋ Cancer June 22 - July 23
Your all-or-nothing attitude to situations will make sure you win and win handsomely. But take care you don't create resentment. Secret enemies are more dangerous than open ones.

♌ Leo July 24 - Aug. 23
The whole world could be against you now and it would not worry you one little bit. Today, more than most days, you can accomplish remarkable things, because you have total self-belief.

♍ Virgo Aug. 24 - Sept. 23
Someone is keeping a secret from you. The best way to find out what is going on is to feign indifference. If you pretend not to care they may let the cat out of the bag.

♎ Libra Sept. 24 - Oct. 23
If you take a stand on an important issue today you will find that other people rally to your cause. Make this the day that you start to make a difference.

♏ Scorpio Oct. 24 - Nov. 22
Today's Mars-Uranus link will bring you face-to-face with the kind of situation you usually go out of your way to avoid but if you confront it with courage and refuse to back down you will come through unscathed. To some you may even be a hero.

♐ Sagittarius Nov. 23 - Dec. 21
You are in the mood to change your life for the better. A change of employment is possible and maybe a change of location too.

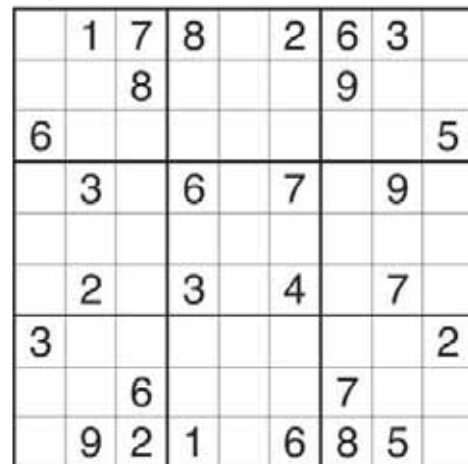
♑ Capricorn Dec. 22 - Jan. 20
The changes you are working on may not be easy but you must stick with them because they will make your life better in so many ways. The only things you are liable to lose are things you no longer need.

♒ Aquarius Jan. 21 - Feb. 19
You seem to be on the receiving end of other people's criticisms quite a lot of late. Ride out the storm and look forward to the time when you can point out that you were right and they were wrong.

♓ Pisces Feb. 20 - March 20
The planets show you have been working too hard. Your priority is to rearrange your schedule so as to give yourself more time to relax.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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"HIGHEST RANKED COMPACT MULTI-PURPOSE VEHICLE
IN INITIAL QUALITY IN THE U.S." BY J.D. POWER



2015 SORENTO
"HIGHEST RANKED MIDSIZE SUV
IN INITIAL QUALITY IN THE U.S." BY J.D. POWER



SORENTO, SOUL



2015
ALG
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SOUL

2015 IIHS TOP SAFETY PICK

SORENTO, OPTIMA, SEDONA, SOUL

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L'ANNUÉL DE
L'AUTOMOBILE 2015
RIO, FORTE, RONDO



5-Star Safety Ratings
More Stars. Safer Cars.

OPTIMA, SPORTAGE AWD, SOUL, FORTE,
SEDONA, SORENTO



SORENTO

2015
SOUL 1.6L LX MT Soul SX Luxury shown[†]
THAT'S LIKE PAYING ONLY LEASE FROM **\$143^o** MONTHLY
\$33^o WEEKLY **\$0** DOWN AT **0% APR** FOR 60 MONTHS*



2015
RIO Rio4 SX with Navigation shown[†]

UP TO **\$4,000*** IN CASH DISCOUNTS

2016
SORENTO 2.4L LX FWD Sorento SX Turbo AWD shown[†]
THAT'S LIKE PAYING ONLY LEASE FROM **\$267^o** MONTHLY
\$62^o WEEKLY **\$1,800** DOWN AT **1.9% APR** FOR 60 MONTHS*



2015
OPTIMA LX AT Optima SX Turbo shown[†]

WELL-EQUIPPED FROM **\$19,795*** INCLUDES **\$5,000***
IN CASH DISCOUNTS

GREAT OFFERS ON REMAINING
★ ★ ★ 2015 MODELS ★ ★ ★



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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from September 1 to 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,715, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% financing for up to 84 months or up to \$7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum \$7,000 discount is offered on 2015 Optima Hybrid LX (OP74AF) only. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Forte LX MT (F0541F) with a selling price of \$15,995 is based on monthly payments of \$155 for 84 months at 0% with a \$0 down payment, \$0 security deposit and first monthly payment due at finance inception. Offer also includes \$3,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price** for the new 2015 Rio LX-AT (R0743F)/2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX (OP74AF) is \$12,995/\$19,795/\$23,095 and includes a cash discount of \$4,000/\$5,000/\$7,000 including \$6,000 cash discount and \$1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2015 Soul 1.6L LX MT (S0551F)/2016 Sorento 2.4L LX FWD (SR75AG) with a selling price of \$16,995/\$27,495 is based on monthly payments of \$143/\$267 for 60 months at 0%/1.9%, \$0 security deposit, \$0/\$1,800 down payment and first monthly payment due at lease inception. Total lease obligation is \$8,576/\$16,024 with the option to purchase at the end of the term for \$7,648/\$10,723. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). [†]Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR751G)/2015 Soul SX Luxury (S0758F)/2015 Optima SX Turbo AT (OP748F)/2015 Rio4 SX with Navigation (R0749F) is \$42,095/\$27,295/\$34,895/\$22,395. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study[®]. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study[®]. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'Automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data. www.alg.com. The all-new 2016 Kia Sorento was awarded the "iF Design Award" for its outstanding design. The "iF Design Award" is one of the world's most important prizes for excellence in design. www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.